

TRACEN Petaluma Haley Hall Dining Facility

05FEB18 - 11FEB18

1	BREAKFAST	Calories	LUNCH	Calories	DINNER	Calories
M O N D A Y	Assorted Fresh Fruit	120	Sweet Onion & Fennel Soup	210	El Rancho Stew	210
	Cream of Wheat	110	Herb Baked Chicken	225	Chicken Parmesan	164
	Eggs & Omelets to Order	varies	Breaded Pork Chops	350	Tortellini Carbonara	108
	Hard Boiled Eggs	78	Savory Pan Gravy	142	Linguini Pomadora	180
	Bacon / Sausage	92/180	Obrien Potatoes	105	Stir Fry Zucchini	110
	Shredded Hash Browns	151	Golden Orzo Pilaf	130	Baked Acorn Squash	98
	Buttermilk Pancakes	190	Braised Brussel Sprouts	80	Foccacia Bread	240
	Whole Wheat Pancakes	225	Steamed Peas & Carrots	65		
	Breakfast Burritos	180	Sweet Hawaiian Rolls	90		
	Fruit Toppings		<u>Healthy Alternative Line</u>	400		
T U E S D A Y			Chicken Pho			
	Assorted Fresh Fruit	120	Pozole	380	Tomato Bisque	210
	Oatmeal Bar	158	Beef & Chorizo Tacos	525	Trout Almondine	320
	Assorted Oatmeal Toppings	varies	Chicken Tacos	202	Flat Iron Steaks	400
	Eggs & Omelets to Order	varies	Cilantro Lime Black Beans	210	Roasted Sweet Potatoes	180
	Hard Boiled Eggs	78	Southwestern Rice	350	Garlic Parmesan Orzo	290
	Bacon / Sausage	92/180	Chili Lime Corn	62	Creamed Spinach	95
	Golden Hash Brown Patties	151	Charred Mexican Zucchini	150	Parisienne Green Beans	65
	Blueberry Pancakes	210	Salsa Bar	varies	Dinner rolls	78
	Sausage Gravy	360	<u>Healthy Alternative Line</u>	450		
W E D N E S D A Y	Home-style Biscuits	170	Seared Salmon w/Bulgar Wheat Pilaf & Tomato Jus			
	Assorted Fresh Fruit	120	Chicken Noodle Soup	185	Broccoli Cheese Soup	210
	Hot Grits	142	Sauteed Pork Medallions w/ Apple Chutney	493	Herbed Stuffed Chicken Breasts	220
	Eggs & Omelets to Order	varies	BBQ Chicken Breasts	190	Pan Gravy	110
	Hard Boiled Eggs	78	Honey Baked Beans	165	Roasted Red Potatoes	120
	Apple Smoked Bacon	92	Potato Au Gratin	298	Southwestern Quinoa	95
	Breakfast Sausage	180	Asparagus w/ Mushrooms	155	Braised Napa Cabbage	80
	Home Fries	151	Braised Collard Greens	35	Glazed Root Vegetables	110
	Waffles w/ Syrup & Melted Butter	190	Golden Sweet Cornbread Muffins	120	Dinner Rolls	85
	Corned Beef Hash	250	<u>Healthy Alternative Line</u>	350		
T H U R S D A Y	Fruit Salad		Seared Polenta w/ Vegetable & Mushroom Jus			
	Assorted Fresh Fruit	120	Thai Shrimp soup	310	Venetian Bean & Potato Soup	160
	Cream of Wheat	110	Beef & Broccoli w/ Teriyaki Glaze	315	Spaghetti & Bowtie Pasta	120
	Eggs & Omelets to Order	varies	Asian Orange Chicken	219	Marinara & Alfredo Sauce	225
	Hard Boiled Eggs	78	Vegetable Fried Rice	180	Homemade Meatballs	200
	Bacon / Sausage	92/180	Steamed Calrose Rice	120	Beef Ravioli	150
	Golden Hash Brown Patties	151	Roasted Peppers & Mushrooms	78	Eggplant Parmesan	80
	French Toast w/ Fruit bar	210	Egg Rolls & Dipping Sauces	200	Italian Blend Vegetables	65
	Quiche	216	Fortune Cookies	20	Dinner Rolls	80
	Fruit Salad		<u>Healthy Alternative Line</u>			
F R I D A Y			Chicken & Vegetable Teriyaki Bowl	375		
	Assorted Fresh Fruit	120	Lobster Bisque	410	Mushroom Barley Soup	150
	Oatmeal Bar	158	Fresh Catch of the Day	160	Chicken Saltimboca	235
	Assorted Oatmeal Toppings	varies	Beef Burgundy	600	Garlic Parmesan Orzo	275
	Eggs & Omelets to Order	varies	Risotto Rustica	440	Fresh Herb Linguini	200
	Hard Boiled Eggs	78	Roasted Pebbled Potatoes	150	Couve A Mineira	45
	Bacon / Sausage	92/180	Saut�ed Yellow Squash	120	Roasted Cauliflower	84
	Home Fries	151	Steamed Broccoli	70	Dinner Rolls	80
	Buttermilk Pancakes	210	Cold Bar	varies		
	Banana Pancakes	230	Hot Rolls	78		
S A T U R D A Y	Frijoles Rancheros	150	<u>BRUNCH</u>			
	Assorted Fresh Fruit	120	Creamy Tomato Soup	169	Creamy Tomato Soup	169
	Hot Grits	142	Turkey Reuben on Marbled Rye Bread	445	BBQ Pulled Pork	326
	Eggs & Omelets to Order	varies	Fresh Potato Chips	140	BBQ Chicken Breasts	260
	Hard Boiled Eggs	78	Sonoma Pasta Salad	130	Baked Beans	190
	Peppered Bacon	110	Green Beans & Almonds	58	Creole Summer Squash	161
	Breakfast Sausage	180	Steamed Malibu Blend	75	Fried Okra	160
	Shredded Hash Browns	151	Eggs & Omelets to Order	varies	Green Beans Lyonnaise	110
	Blueberry Pancakes	230	Bacon and Sausage	92/90	Fresh Biscuits	110
	Sausage Gravy	250	Potatoes Obrien	151		
S U N D A Y	Home-Style Biscuits	103	<u>BRUNCH</u>			
	Assorted Fresh Fruit	120	Aegaen Chowder	135	Aegaen Chowder	135
	Cream of Wheat	110	Turkey Burger with Maple Dijon Aeoli	230	Beef Stroganoff	304
	Eggs & Omelets to Order	varies	on Brioche Bun	125	Buttered Egg Noodles	175
	Hard Boiled Eggs	78	Sweet Potato Fries	120	Steamed Jasmine Rice	152
	Bacon / Sausage	92/180	Steamed Cauliflower w/ Red Peppers	65	Roasted Carrots	99
	Hash Browns	151	California Blend Veggies	75	Steamed Green Peas	78
	French Toast w/ Fruit Bar	210	Eggs & Omelets to Order	varies	Hot Dinner Rolls	80
	Bacon Egg and Cheese Sandwich	varies	Hickory Smoked Bacon	110		
			Breakfast Sausage	90		
			Homefried Potatoes	151		